

Keeping your cool when you're out with the flu is all about the attitude.

the Voice

PRODUCED BY LANGARA JOURNALISM STUDENTS

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langaravoice.com
This week look for a web
special about student
government shenanigans
at other campuses around
Canada.

New LSU bylaws

Bylaws will prevent students from attending meetings, accessing information on the Union

By JACQUELINE LANGEN

The Langara Students' Union has passed new bylaws that will affect student involvement starting March 31.

"These changes will help our organization serve its members and will lead to a well-organized board which is dedicated in serving our members," said LSU media liaison, Gurbax Leelh.

Students at Langara who are enrolled in a minimum of one course per semester pay a set fee towards services provided by the LSU.

With these funds the LSU provides students with health and dental insurance, locker rentals and a bike repair shop which is located beside Duke's café.

Approximately \$2 million is collected from mandatory student fees by the LSU each year, which averages out to nearly \$390 per student.

The bylaw changes will prevent students from attending student union board meetings, copying student union records and taking minutes from in-camera meetings.

The new bylaws were passed in December 2012 and will commence at the end of March.

On Jan. 21 The Voice tried to attend an LSU meeting, but were denied access. The Voice was told that students are not permitted to enter LSU "internal meetings."

The meeting in question was a regular bi-weekly LSU board meeting that The Voice has previously attended.

Technically, all students are permitted entry until late March.

Langara student Siddharth Gautam was seen entering the meeting, but afterwards confirmed he was no longer part of the board.

The Voice tried to speak with members of the LSU last week, but Leelh said the persistence was unprofessional.

"It really does waste your time to be waiting around to get information," she said.

Emma Munro, a former honorary board member of the LSU, said she doesn't have a clear understanding of the new bylaws due to poor public relations by the union.

She said she relies on The Voice to attend LSU board meetings and relay what's happening back to students.

In the LSU's current student handbook, the organization claims that it is transparent.

"Most importantly, we hold an open door policy and welcome your participation in making our organization a strong voice for democratic and social change."



photo from FACEBOOK

A memorial for Manraj was set up on Elgin and East 47th Ave.

Tragedy hits home

Langara Criminology dept. loses one of its own

By ANGELA HOLUBOWICH

A Langara criminology student was killed in Vancouver's first homicide of 2013.

Nineteen-year-old Manraj Akalirai died on his way to the hospital after he was allegedly attacked by a group of men.

The attack took place last week in the middle of Elgin Street near 47th avenue.

Police arrested five men aged 19 to 21 in connection with the murder, after four of the men arrived at the hospital with injuries.

On Jan. 25, The Province reported that police are questioning a sixth man in connection to the murder.

Multiple weapons, including bats and swords, were used when the men confronted the victim in his vehicle.

The attackers allegedly smashed the back window of the vehicle and dragged Akalirai onto the street.

"Langara extends its deepest sympathies to the family and friends of Manraj Akalirai," said a spokesman for Langara College.

The family of Akalirai issued a statement:

"We are still in shock and coping with our loss, Manraj was a well-mannered, humble, and respectful individual. At this time, our family would like privacy as we grieve the loss of our beloved son and brother," said the family in a written statement to CBC.

Police believe there may be connections to the drug trade or gang activity, although the family of Akalirai denies these claims.

A Facebook group has been started as a digital gathering place for sharing stories and words of remembrance.

"You didn't go down without a fight bro, you're a warrior, you're a soldier, but most of all you're a Hero and that's how we all knew and will remember you as," wrote Jordan Rolfe.

Stefano Tentes wrote "Manraj was the most charming kind and happiest guy I ever met in my entire life... Made me smile every single time we hung out it was like his smile was contagious."

His funeral will be on Feb. 3 at 2 p.m. at the Riverside Funeral Home.

WHAT they said:

"Nobody will truly understand why it had to be you, but the joy you brought to others and love will always remain."
Deanna Yusuf

"Miss you more and more each day :(rest in paradise. I know you're watching over me."
Antonia Bellalta

"Manraj you were one of the nicest guys I've ever met. I will never forget that summer where all of us would go bike riding getting our slurpees. Those were good times."
Ali Hewary

Boxer fights bullying

Evander Holyfield guest of honour at charity event

By JAMES McLAUGHLIN

The anti-bullying movement received some heavyweight support from boxer Evander Holyfield this past Monday.

Inside south Vancouver's Fraserview Hall, the five-time heavyweight champion sat beside Carol Todd, mother of the late Amanda Todd.

Holyfield and Todd were guests-of-honour at the anti-bullying event which included a full buffet, video presentations and amateur boxing.

"It's inspirational that someone like Evander Holyfield has taken on bullying and taken on an interest in my daughter's cause and legacy," said Todd. "We're just a little family from Port Coquitlam."

Todd's 15 year-old daughter Amanda tragically took her own life in October of last year as a result of being cyber-bullied.

Her suicide ignited a nation-wide discussion about bullying in our schools and communities.

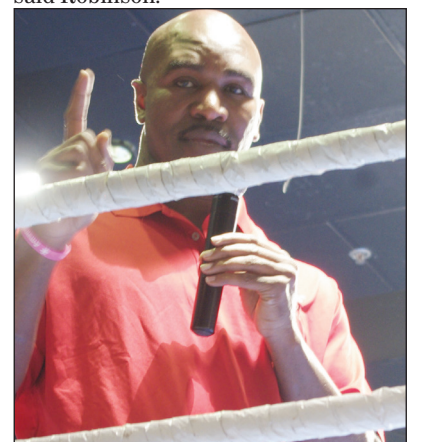
Partial proceeds from the event will be going to the Amanda Todd Legacy Fund. The fund raises money for anti-bullying education and support programs to help young people with mental health problems. Those interested can also donate money directly through the program's webpage.

Two of the boxers who sparred on Monday train with Langara's own human kinetics student David Robinson at North Burnaby Boxing Club.

Robinson believes boxing provides a safe environment for youth. "It's very rare to ever see any bullying inside the boxing club," he said.

According to Robinson, boxing provides "individualistic development"-something people who are bullied are often robbed of.

"Whether they come from a good background or a background that isn't positive at home, it creates a space that is available to them. They can be themselves and express themselves and feel good about something that is for them," said Robinson.



JAMES McLAUGHLIN photo

Evander Holyfield addresses the audience at Frasierview Hall.

Drawing the Neutron Trail

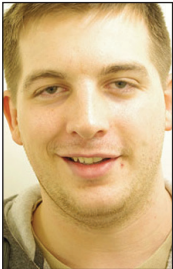
Computer science students are collaborating with Olivia Fermi, founder of the Neutron trail and daughter of a Nobel Prize winner

By BRIAN HORSTEAD

Students in the computer science program have an opportunity to work with Olivia Fermi, the granddaughter of Nobel Prize winner, Enrico Fermi. Enrico Fermi is perhaps best known for his work on the first nuclear reactor, earning him the nickname “father of the atomic bomb”. Olivia Fermi is an environmentalist and photographer who pioneers, and founded, the Neutron Trail, a cultural exploration of the effect nuclear technology has had. The Neutron Trail, according to neutrontrail.com, is a term Olivia Fermi coined “to describe a specific open-ended personal and cultural inquiry.” Neutrontrail.com is a website founded by Olivia Fermi and features a collection of photography, videos and sto-

ries aimed at promoting understanding and awareness of nuclear issues. On Monday, the students watched Olivia Fermi’s multimedia presentation aimed at promoting understanding, creativity and new solutions. “It was really interactive,” said Alex Hillman, a student in the program. “I thought some of the techniques she used were more engaging than those I get in most seminars.” The students have been assigned by their instructor, Catherine Levinson, to tell a story or create a game that show-cases a dilemma of the Neutron Trail. The dilemmas of the Neutron Trail are expansive and feature topics such as how radioactive isotopes travel around the world by air and water, to end up being consumed by dairy cows. The concern is that these isotopes end up in the dairy products we eat. The purpose of the assignment is to

delve more deeply into multimedia and animation and its power to influence and inform. “I thought the techniques she was using were really neat. I’ll definitely use more photography in my work in the future,” said Hillman. Olivia Fermi is inspired by the career of her grandmother, Laura Fermi, an author and activist. Those interested in adding their voice to the Neutron Trail are invited to comment on Olivia Fermi’s blogs and posts at neutrontrail.com.



ALEX HILLMAN Student

“*I thought the techniques she used were more engaging than those I get in most seminars*”

Alex Hillman



WARREN JANÉ photo

Principal Jacquie Hall of J.W. Sexsmith Elementary, which faces the prospect of demolition in light of the new school’s completion.

Heritage building faces bulldozer

School board might demolish 100-year-old heritage building

By WARREN JANÉ

J.W. Sexsmith Elementary School is facing an uncertain future. Located immediately southeast of Langara Golf Course, Sexsmith requires costly seismic upgrades as part of the Vancouver School Board’s new plans to make all schools earthquake-proof. If Sexsmith isn’t upgraded, it could face demolition. The VSB is considering offers to lease the property and redevelop it. It was more cost effective to build a

new school than to upgrade the old one, said VSB chairwoman Patti Bachchus. The VSB is now building a new school next to the heritage structure. As it nears completion, the school board is inviting bids from developers willing to upgrade the school and convert it for residential or commercial purposes. “I think if they built some housing on that piece of land, it could be a more affordable place for families to stay in Vancouver,” said Sexsmith principal

Jacquie Hall. Hall said she supported the decision of some parents who withdrew their children from the school for fear of an earthquake. She’s relieved that everyone is in a safe building now. There have been no serious offers yet, and the possibility of demolition is increasing. Because of the school’s historical value, “Heritage Vancouver would be extremely opposed to this unfortunate event,” said president of the organization Donald Luxton.

Committee searches for new president

Staff and student representatives will meet Feb. 5 to discuss qualifications for potential candidates

By KAYLA ISOMURA

Langara is scrambling to fill president David Ross’ position. A committee has been formed to find a replacement for the outgoing president. It will meet on Feb. 5 to discuss qualifications for potential candidates, said Korena Jang, manager of Langara’s executive and board operations. The committee is comprised of representatives from the faculty, staff, college managers and the student body. The committee will discuss its plans to find a new president, which includes determining the eligibility of a candidate. The committee will also have the help of an executive search firm to help with the process. David Bowra, the committee chair, will bring a list of firms to the meeting that specialize in hiring administrative employees, said Jang. While the committee still needs to organize a list of qualifications for job candidates, staff and students told The Voice about their expectations of a college president. A good candidate must be able to capture the attention of students, said sociology student Jana Koerner. “It’s like herding cats here,” she said. “Anyone who can get everyone’s attention is going to be a pretty good leader.”

Jana Koerner

“A good presidential candidate would be someone who’s outgoing, someone who forms relationships in the community,” said Raymond Chow, the continuing studies co-ordinator. “Dr. Ross did that in his tenure and he did a really good job. He left Langara in a good position.” Ross notified the college of his resignation in December, although he will continue to work until March 1. He has accepted the presidency at SAIT Polytechnic in Calgary.



HANDOUT photo
Former president David Ross.

VANCOUVER'S MOST ENDANGERED HERITAGE BUILDINGS

WHICH BUILDINGS ARE FACING THE 'DOZER?

1. MAIN POST OFFICE
349 West Georgia Street

2. THE ART DECO HOLLYWOOD THEATRE
3123 West Broadway

3. ST. PAUL'S HOSPITAL: THE HISTORIC BURRARD BUILDING
Burrard Street at Comox

4. SIR JAMES DOUGLAS ELEMENTARY
7550 Victoria Drive

5. STRATHCONA NORTH
502 Alexander Street

6. SHAUGHNESSY
Historic mansions on First and Second Shaughnessy
Source: Vancouver Heritage Society



THEMATTHEWBLACK photo via Flickr.com

Idle No More protesters perform a ritualistic chant at the Vancouver Art Gallery to bring awareness to the impoverished living conditions faced by many First Nations people.

Aboriginals face campus obstacles

Idle No More shows barriers to First Nations people extend to post-secondary schools

By KELCI NICODEMUS

First Nations rights movement Idle No More has been sweeping the country to shed light on impoverished living conditions that most aboriginals face on reserves, but the issues they confront don't stop there. Social and financial problems encountered by First Nations extend to post-secondary institutions like Langara College, according to Shelley Wright, aboriginal studies director and instructor at the school.

While the college does have a higher aboriginal population than most other

institutions, First Nations populations in post-secondary schools are generally very low, she says.

"There are a range of socio-economic issues that aboriginal students can bring with them and challenges that most other students don't face," says Wright.

Wright says that there are many factors contributing to a lower number of students, such as racial discrimination, the damage dealt by the residential school system and the Sixties Scoop, a term describing the period in the 1960s when aboriginal children were taken away from their families and adopted

by European-Canadian parents.

In the case of Langara, First Nations students have support but also face challenges.

Chris Cardinal, an aboriginal studies student, says what helps him as a First Nations student, is having a place to hang out — in this case the recently added aboriginal gathering space.

He also says the on-campus elder provides counselling services and good insight.

"She is a mentor to a lot of people," says Cardinal.

Not all aspects of the college make aboriginal students feel comfortable

though.

Chad Girardin, another aboriginal student, says the college is great for accommodating aboriginal students, but the Langara Students' Union is something that needs to be worked on.

The LSU is "totally unaccommodating to aboriginal students in general. Period," says Girardin.

Randy Robinson, the LSU aboriginal liaison, was not available for an interview in person but said via email that his personal experience at Langara as an aboriginal student is great and Langara is a "forefront for ensuring aboriginal success."

What's being done?

FIRST NATIONS ACCOMMODATIONS

First Nations have their own gathering space in the LSU building.

AN IDLE NO MORE GROUP

Aboriginal students at Langara are organizing their own division of the FN rights movement. Source: Shelley Wright

Council vote begins

The current education council authorized several changes to program curriculum this year

By BEN BULMER

Election campaigning for the Langara education council, which has the power to authorize changes in the school's curriculum content, exam policies and grading criterion among other items, kicks off on Friday.

The current council, which meets monthly, has approved several changes to programs throughout this school year, with most adjustments being brought to the publishing program.

During the board's November gathering three new web courses were introduced into the program while the electronic communications and intermediate new media publishing courses were dropped.

The switch in curriculum, which was proposed by the department, was required in order to keep up with the rapidly changing nature of the business, said publishing program co-ordinator Darren Bernaerdt.

"We have to respond to those changes and make sure our curriculum is relevant," he said.

When queried about the nature of

the adjustments made, Bernaerdt said that technology was the underlying reason for remodelling the course load.

At the heart of the matter are software changes.

Different programs or versions of programs were required to keep up to the current standard and teaching practices had to be changed as a result, Bernaerdt said.

Students appear to be pleased with the changes.

"I feel like almost everything I've learnt is relevant to what I could do after," said publishing student Jayme Brown when she was told the department was keeping its updating its curriculum.

During this school year, changes to course content in the kinesiology department and adjustments in admission requirements to the film and theatre arts programs were also made.

The first department added a new course called selected topics in kinesiology while the latter two removed the English requirement for program entry in an effort to attract more international students.

Applicants must still pass the language proficiency index test, however.

The education council is seeking to fill 14 out of the 20 positions on the board, with students taking two.

Election apathy prevalent in schools

As elections for the education council begin, The Voice examines the causes of low voter turnout

By DEANNA CHENG

“It's obviously not just the act of voting. It's about being prepared to vote.”

PETER PRONTZOS

Two student representative positions on the education council are opening up. The week-long election campaigns start tomorrow and students can vote online through their myLangara account between Feb. 8 and 15.

However, most undergrads don't vote.

Political science instructor Peter Prontzos said many students don't participate because they don't know about the elections. On the other hand, others don't get involved because they feel the election is not relevant to them.

"It's obviously not just the act of voting," he said. "It's about being prepared to vote. Knowing something about what you're voting for."

Students also have a lot on their plates already and tend to opt for the easiest — though not the best — choice, he said.

Prontzos adds it is almost an unconscious decision to say no and forget

about it.

Dean Tsatouhas, a former student representative on the education council, said he learned how the college operates.

The council oversees the "high-level decision-making process of what courses and what programs are at Langara," he said.

Tsatouhas supports Prontzos' statement. "It is difficult because, at the end of the day, students don't really care because it doesn't directly affect them," he said.

Tsatouhas said having the voting process online instead of casting a ballot in the main foyer was a good change, making it easier for students.

Teresa Lu is a fourth-year business student who voted in the last education council elections. "I feel it is my civil responsibility as a member of the student body to participate in the elections," she said.

She believes voter apathy at Langara is an awareness issue. There is only an email about the election and then the voting process consists of choosing candidates through a hard-to-find window on the myLangara website, she said.

As a result, most people either miss it completely or ignore it, Lu said.

The council terms last one year.



PETER PRONTZOS
Langara political science instructor

From books to barista

Langara Film grads struggle to cope in an ailing B.C. film industry

By **BEN BULMER**

Langara journalism grad Joel Harris is a successful screenwriter and novelist, and he's also rather good at his day job, making coffee.

Harris wrote and produced his first movie, *Neutral Territory*, in 2008. He published his first novel, *A Thousand Bayonets* in 2011, and he is currently adapting it into a screenplay. But neither of these successes is paying him a wage.

"I work in Starbucks. That pays the bills," said Harris.

The Save BC Film organization and its supporters packed a North Shore studio on Jan. 22, calling on Victoria to increase tax credits to enable them to compete with Eastern Canada and the U.S. Currently, Ontario and Quebec give a 25-per-cent tax rebate on the total production cost, while B.C. gives a 33-per-cent rebate on labour only.

With the dollar as low at 63 cents in 2002, U.S. film producers saved vast amounts of money by moving productions to Vancouver. From this emerged a world-class TV and film industry, filming shows that became household names like *The X-Files* and *Smallville*. With the dollar now at par, productions have moved to cheaper places and taken jobs with them, leaving 90 per cent of B.C.'s 25,000 film workers unemployed, according to Save BC Film.

Harris thinks he could make a living screenwriting if the industry was in a better position.

"Definitely' is such a strong word, but I'd say that there's a good chance that would be the case.

"If we have that incentive [tax credits] and we have that in place than there's nothing to stop us competing with Ontario or with the United States."

Langara film student Hillary Katlan said it was important to be hopeful when considering the job market after graduation.

"I don't know how realistic that is. I like to think that [unemployment] won't be a problem."

Premier Christy Clark said on Jan. 22, \$285 million has already been allocated to support the film industry. "I



JOEL MARK HARRIS
works at Starbucks to make ends meet



DAVID COOPER photo

left to right: Siona Gareau-Brennan, Masae Day, Erica Hoeksema act in Studio 58's new play Spring Awakening

Acclaimed Broadway play makes debut at Studio 58

Spring Awakening explores teen sexuality and loss of innocence

By **DEANNA CHENG**

Studio 58 debuts on Jan. 31 with *Spring Awakening*, an award-winning rock musical, for a rather frank discussion about abortion, homoeroticism, rape, child abuse and suicide. It explores the ups and downs of sexual awakening, self-definition and self-destruction as each character "overflows with need," said Lauren Jackson.

Jackson plays the character Wendla, a curious 14-year-old girl in 1890 Germany. Wendla goes through changes in her body and gains new information about her world.

She begins to ask a lot of questions, feeding her curiosity.

"It takes a lot of courage to be curious and push limits," said Jackson. "And Wendla goes after what she wants."

Stephanie Izsak plays Ilsa, the abused outcast child. Her role in the play is to show what happens when you defy your parents, tell someone about the abuse and when you don't "shut up and take it."

Ilsa exists between adulthood and childhood, going through a journey to accept her lost innocence. From the process, she has a strong desire to master and understand her world.

"The reality is, life is dirty. Life is messy. Life is sexy," said Izsak.

"And Ilsa sees that sooner. She rises up and wears it as her own. She decides

to wear her messiness. Wear her grittiness."

This play was ahead of its time. Playwright Frank Wedekind wrote *Spring Awakening* between 1890 and 1891 but it was not produced until 1906.

Izsak said: "This was not an easy choice. The choice to tackle the beast that is *Spring Awakening* says a lot about Studio 58. It makes me very proud to go here and be able to work with people who make those kind of decisions. . . Those kind of decisions will help shape bold artists and they're commendable, putting themselves on the line for us. We're going to carry that forward."

For more info go to:
www.langara.bc.ca/studio-58.

TIMES and tickets

JAN 31-FEB 24
Shows: 8 p.m. Tue-Sat.
Matinees: 3 p.m. Sat-Sun.
except Feb. 2.
No shows on Mondays

FREE PREVIEWS FOR STUDENTS
Jan. 31 and Feb. 1

TICKETS
\$10 Tuesday special (\$12.25 with service fee)
Single tickets \$27.75/22.75/21.75
matinee & group rates
www.ticketstonight.ca



KATJA DE BOCK photo

Global TV news anchor Chris Gailus came by and was kind enough to take an interest in The Voice.

Global BC host hits campus

News anchor Chris Gailus charms Langara audience with anecdotes and useful tricks of the trade

By **BRENNA BROOKS**

Guest speakers sometimes bring long rants and boring slideshows. But for anybody who attended Chris Gailus' presentation on Jan. 24, there was endless laughter and a humorous question period.

The Emmy-winning Global news anchor dropped by Langara College to share his experience in the news industry and take a few photographs with fans.

Gailus says he was always a natural

storyteller, but it wasn't until college that he was inspired to trade his basketball dreams for a camera bag and broadcasting degree.

"When you recognize a passion, you have no choice other than to follow it," he says.

After graduating and working in Leithbridge, Dallas and New York, Gailus was chosen to be the successor of the iconic Tony Parsons by Global BC news director Ian Haysom.

"Replacing an icon is a tall order for anyone. He had big shoes to fill coming in," says Haysom. "Good thing he had big shoes."

Since becoming the 6 p.m. news anchor, Gailus feels responsible for maintaining the fairness and reputation of the news hour, even if it means

"stand[ing] at the door of the news room with a sword and shield," he says.

The significant boom of the online media industry may seem threatening to television news, but Gailus says television isn't going away anytime soon.

"There's a human connection with what we do," he says.

Because he doesn't receive immediate reactions from a live audience, Gailus says he imagines speaking to one person in order to keep the news real and conversational.

The only thing Gailus is more passionate about than the integrity of the news is his family. Haysom says that the anchor is a huge family man.

Gailus lights up with a smile as he talks about his son William, whom he adopted with his wife in August 2011.



PUNEET DHAMI photo

Karan Dhami is resting in bed at her south Vancouver home while trying desperately to look fashionable as she battles the flu.

Get sick in style this season

Tips from Vancouver fashion gurus and health experts will help you keep your swagger up even when your immune system is down

By PUNEET DHAMI

Flu season isn't an excuse to forfeit your style. Seasonal sickies still need to follow proper etiquette. Health Canada estimates that almost a quarter of Canadians will get the flu this year. But savvy fashionistas can beat the virus in style. "It's all about the attitude," says Shanda Leer, a Vancouver style blogger. "People need to dress for the weather." Leer recommends always carrying a hand sanitizer and wearing gloves to prevent spreading germs, especially in public areas like transit.

"Carry a hanky and shove it into your boobs," says Leer. "Don't create lopsidedness, but it's definitely a place to put it." Leer doesn't agree with girls who wear short skirts and thin coats in the middle of winter. "There's coat check for a reason," she says. "There's no need to stand hunched over like a troll doll when you can have a proper coat." Because it's the season of layering, coats and gloves are fashionable, Leer says. For those already taking a sick day, Leer advises creating a personal spa-at-home experience.

"Have some chicken soup with crackers, a little aromatherapy called Vicks and a little cough syrup for that much needed beauty sleep," she says. Etiquette expert Margaret Page says the best way to avoid spreading germs is to sneeze into an elbow to avoid touching and spreading germs. "Avoid your ears, nose, eyes and mouth," says Page. "When it comes to bacteria, your hands are the worst ways to spread germs." The most important piece of advice from Langara's school nurse, Susan Kensett, is to stay at home. For more information on influenza visit <http://www.newsroom.gov.bc.ca>

A Girl's Guide to Flu dos & Don'ts

DON'T share drinks. Although it's tempting.
DO cover your neck. Wear a chunky scarf.
DON'T forget to wash your hands. Wear gloves.
DO carry a hanky and cough into it.
DON'T spread germs. Period. Stay at home.

High rent has couples move in at 'lesbian speed'

U-hauling phenomenon is spreading in the world's second least affordable city.

By KRISTEN HARPULA

The term U-Hauling doesn't just refer to the rental truck company anymore – it has taken on a new meaning in Vancouver with rising rental costs. Due to high living costs and low income from entry-level jobs or miniscule student loans, many students are forced to move in ("U-Haul") with lovers, friends and sometimes complete strangers. According to web-based wordbook Urban Dictionary, U-Hauling refers to lesbians who move in together after dating only a short time. It started from a joke about lesbians

bringing a U-Haul truck to a second date. "I think it's hilarious because it's so true," said University of Victoria student Amanda Ballard. Ballard experienced U-Hauling firsthand when she moved in with her girlfriend after only a month. She later realized it wasn't a great idea. SFU student Maria Asselin-Roy and girlfriend Kayla Desjarlais both laughed at the mention of the term U-Hauling. Let's be honest though, the rental situation in Vancouver is no laughing matter. When it comes to finding a place to live, affordability is one problem most students face. According to the Rental Market Report by the Canada Mortgage and Housing Corp., a bachelor suite in Vancouver averages at \$864 per month, one-bedrooms at \$982 and two-bed-

rooms at \$1,261. Compare these prices and it seems splitting the cost with someone might be the best option. Even though the decision to move in may be a good investment financially, it may not be a good one emotionally. Asselin-Roy and Desjarlais have been together over a year, but live separately. They have talked about moving in together, but agreed they "don't want to move too fast." "As nice as it would be to live together, I'd rather commute than jeopardize our relationship," said Desjarlais. Ballard said moving in too fast is a bad idea "because you don't get a chance to really get to know each other." Ballard hopes this advice will have others thinking twice before signing their next rental agreement.



KRISTEN HARPULA photo illustration
Lauren Hulse (left) and Katya Conway tried U-Hauling once, but it didn't work out. Other couples keep trying.

Paleo contrary to common sense

While working at a health food store on Vancouver Island for five years, I saw a lot of fad diets come and go.

When I first started working, the Atkins diet was on the way out and the raw diet was taking over.

The past year or so had more and more of my co-workers excited about the so-called Paleolithic, or caveman diet.

The main problem I have with fads like these is they tend to make us lose our common sense approach to eating healthy. This is replaced with a kind of diet dogma.

For example, I recently had lunch with a friend of mine who at the time was strictly adhering to the Paleo diet. It was all she talked about. She refused to share my quinoa salad with me, but then proceeded to eat six slices of bacon

fried in butter.

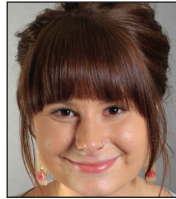
Another Paleo friend binge-drinks almost every weekend, but makes absolutely sure the vodka she consumes isn't grain-based.

I'm not saying this is necessarily typical of all the Paleo enthusiasts out there. And I would agree that as a society we have lost touch with where our food comes from, but these types of extremely restrictive diets can cause unhealthy obsessions and counter-intuitive eating habits.

Like it or not, the agricultural revolution gave rise to the society we continue to occupy today.

The abundance of food made available from harvesting grains and crops like potatoes and legumes, which are strictly prohibited for those attempting to eat Paleo, directly contributed to the population boom during the 17th and 18th

century. Mass production of agricultural crops left us free to pursue our preferred activities. Hunting for food did not leave our predecessors a lot of free time.



OPINION
GILLIAN HAMES

With our population ever on the rise, a completely Paleo society just isn't sustainable. As it stands today, it takes approximately 16 kilograms of grain to produce one kilogram of meat.

Proponents of the Paleo diet argue that maladies such as heart disease, cancer, obesity and diabetes were not a problem for our cavemen ancestors. True, these hunter-gatherer

societies failed to suffer these so-called diseases of civilization, but this was due to a variety of factors, not just diet.

A shorter-than-average lifespan meant many of our ancestors just didn't live long enough to develop these diseases.

Our increasingly sedentary lifestyles have inarguably been a major factor in the overall rise of these diseases – let's face it, all that hunting and gathering must have been such good cardio.

Overall, a common sense approach to health remains our best bet for our bodies and our minds.

Try to cut down on your intake of processed foods and make sure you eat your vegetables, but there is little point to eating healthy if you're not able to have any fun.

As the saying goes, everything in moderation – including moderation.

Voter apathy goes against our interests

Langara students are uninformed about politics around the college.

The latest example is the Education Council's election involving two student positions.

Students either do not pay attention to school elections, or they simply don't hear about them. But they need to realize that these elections are important because they impact the way the school is run.

For those who don't know, the Education Council is responsible for policies including student evaluations, academic standings and curriculum content. These are all things directly impacting current Langara students. So why do a large majority of students fail to vote in elections?

There are four student positions in the council compared to 10 faculty positions, and this imbalance of

student representatives contributes to voter apathy. If the numbers were a little more even, say eight faculty members to six students, the students would feel better represented, more involved

and more likely to vote.

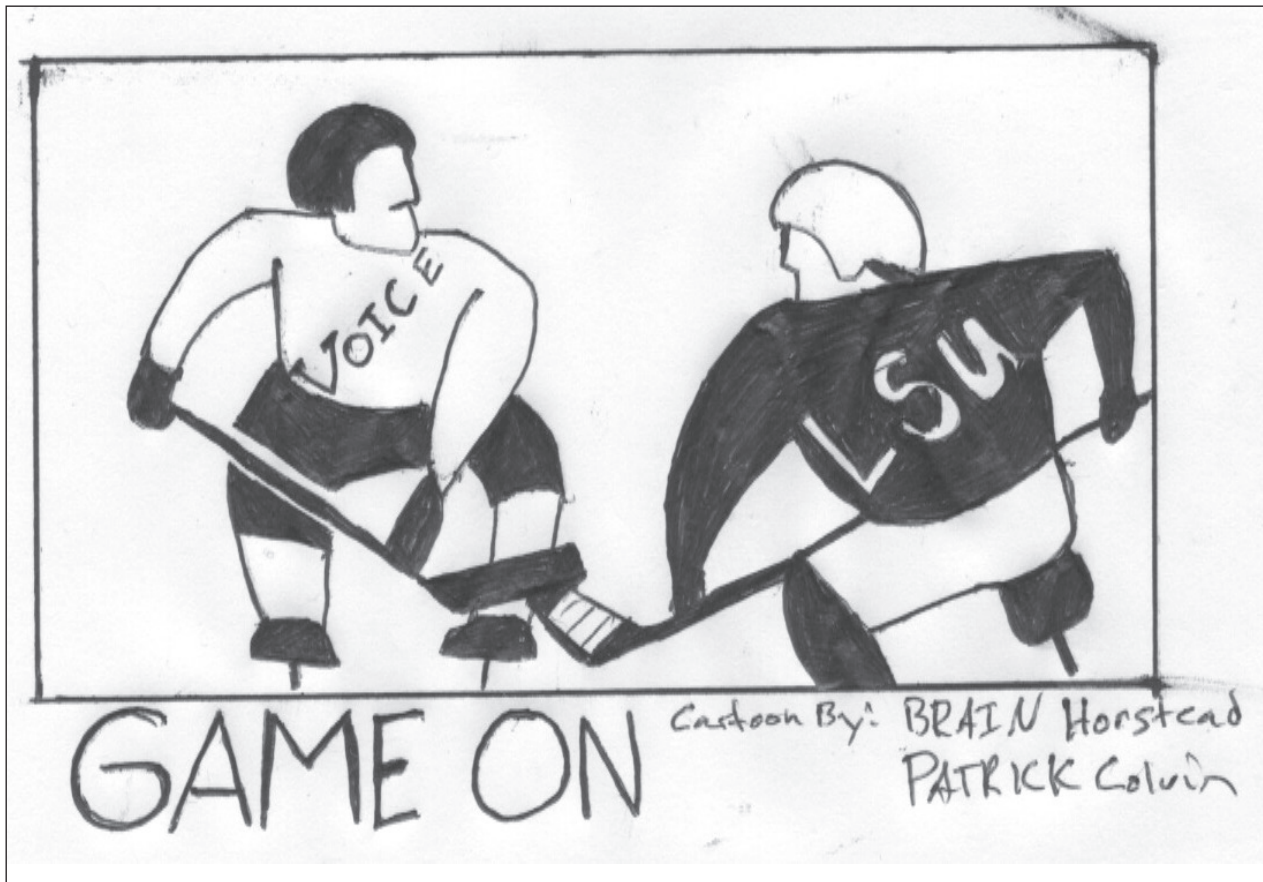
Langara needs to do a better job of making its students aware of issues that impact them. Other than the odd email, it's difficult to find any information on such events.

Another reason students don't care about voting is because many people consider Langara a stepping-stone to a more glamorous post-secondary institution like SFU or UBC.

This attitude has a negative effect on everyone involved. Even if students know they won't be at Langara for a long time, they should still want to leave the school in the best possible position. Although decisions made by the Education Council may not directly impact them in the future, because they are important to the school and the next wave of students, these elections should be regarded as significant.



OPINION
JESSE ADAMSON



Bullying issue finally addressed

Ten years ago, bullying wasn't a topic that was taken as seriously as it is now.

From my experience growing up, young girls were told that if a boy picks on you it means he likes you, or, as I was always told, "boys will be boys."

Kids normally wouldn't do anything about the school bully who tormented them during recess or took their lunch money.

Over the years, no one has done much to put a stop to it. Bullying remains one of the main reasons for teen suicide and depression in children.

Finally, bullying is being taken more seriously.

Boxer Evander Holyfield is here in Vancouver to teach kids about the tragedies that can result from bullying and how they can be prevented in the future.

During my time at elementary school up until my early years at high school, I was picked on for being different.

I was a skinny girl who wore nerdy glasses. I was not considered cool.

I hated being so small, and I got

made fun of by other kids.

I was constantly uncomfortable in my own skin, and wished to be like the other girls who were considered normal.

After I grew out of my awkward stage, I noticed I was treated a lot better.

I was one of the lucky ones. For some, the bullying never stops.

The suicide of Amanda Todd, a B.C. teen who was bullied relentlessly, left thousands of people horrified.

Todd's death was a real eye-opener to the seriousness of bullying.

Her self-harm was a cry for help that was wasn't heard by anyone until it was too late.

That is why Holyfield is here.

He is teaming up with Franco Kickboxing Pankration Mixed Martial Arts to speak at a fundraiser for the Amanda Todd Foundation in Vancouver.



OPINION
SERA AKDOGAN

Believe it or not, Holyfield was also bullied as a child, and he's here to warn kids about the consequences of bullying and what to do when it does happen.

This is a great thing to finally happen in our city, and I hope it helps kids take a stand against bullying and put a stop to it once and for all.

We want to hear from you

Did we get a fact wrong?

Tell us.

Got a different point of view?

Write to us.

Problems with something we've said?

Let us know.

**Journalism instructor
Nicholas Read oversees
The Voice. Email him at
nread@langara.bc.ca**

theVoice

The Voice is published by Langara College's journalism department.

Editorial opinions are those of the staff and are independent of views of the student government and administration.

We welcome letters to the editor. All letters must be signed. They may be edited for brevity. Names may be withheld in special cases, but your letter must include your name and phone number.

HOW TO REACH US

PHONE
604-323-5396

FAX
604-323-5398

E-MAIL
thevoice@langara.bc.ca

DROP-IN
Room A226
Langara College
There is a mailbox at the entrance to the journalism rooms.

SNAIL MAIL
The Voice
100 West 49th Ave.
Vancouver, B.C.
V5Y 2Z6

WEBSITE
www.langaravoice.com

EDITORIAL STAFF THIS ISSUE:

**MANAGING EDITOR/
PAGE 6**

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Liberals duke it out for support

Leadership candidates vie for young voters' attention with great hair ... and policy

Celebrity may rouse the apathetic

Justin Trudeau may have star power, but he needs substance to lure young to ballot box, expert says

By SERA AKDOGAN

His dad was famous and he'd make a great model for a shampoo commercial, but some students say there is little more to Justin Trudeau's popularity than his celebrity.

"Most of my friends just think he's hot," said Langara arts and science student Brianna Hicks.

Could Trudeau's star quality lure young Canadians to the ballot box? It's not an easy feat. According to Elections Canada, only about 39 per cent of Canadians between the ages of 18 and 24 voted in the last federal election. Still, it has worked before. Pierre Trudeau, Justin's father, was so popular with

youth in the 1968 federal election that the media dubbed it "Trudeaumania." President Barack Obama has had a similar effect, rousing young Americans from their habitual apathy in the last two presidential elections, thanks to his ability to connect with youth.

Trudeau could have an edge with young voters, who may identify with him more than older politicians, said Langara political science instructor Peter Prontzos.

Hamed Amiri, president of the Langara Young Liberals and a supporter of Trudeau, agreed.

He is "of a younger generation" than other MPs, and this "allows him to make a much deeper connection with his voters," Amiri told the Voice via

Facebook.

Paul Prosperi, Langara political science coordinator, doesn't think youth will vote for Trudeau for superficial reasons alone.

"[His looks and popularity] may create more attention," Prosperi said. "But I think that young people, especially young college students, are sophisticated enough to realize that there has to be something other than style." Candidates need substance, he said.

Trudeau is more than just a pretty face, Amiri said.

"[Trudeau] is very big on education and coming from a younger generation, he fully understands the financial hardships placed on young Canadians to achieve an education," Amiri said.

“Most of my friends just think he’s hot”

Brianna Hicks, Langara Arts and Science student

Marc Garneau has best policies for youth, supporters say

Fans of former astronaut say Trudeau's attention is undeserved; Trudeau fans say he's solid on policy

By JESSE ADAMSON

With the election of the Liberal Party's new leader approaching, the candidates are vying for the support of the most politically sluggish demographic: Canadian youth. The Voice asked Liberal supporters which candidate has the best policies for the young.

Justin Trudeau is the overwhelming favourite in Forum Research opinion polls, both among Liberal supporters and the general public. Langara Young Liberals president Hamed Amiri says most young Liberals hope Trudeau will become leader April 14.

"What makes him so attractive to young people is that the issues he stresses are the issues that have the biggest impacts on the lives of young Canadians," he told The Voice via Facebook.

"He's very big on education," Amiri added in an interview. "Today, in Canada, that's a huge issue. The debt that's growing from student loans is just enormous. One policy he has of extending the period people have for paying back loans is a great idea."

But young-liberal supporters of runner-up Marc Garneau say their favourite has more solid policy proposals, and Trudeau has stolen the spotlight.

"Garneau would probably be the favourite any other year," said Nadine Brent, 24, a Liberal supporter who works in Vancouver. "But with Trudeau in the mix his voice is barely heard. He's recently come out and said some things which are favourable to young people, but is anybody listening at this point?"

While Trudeau's official website contains little discussion about policy, Garneau's webpage has a whole section devoted to it, with proposals ranging from democratic reform to a strategy for the economy.

Noting that Canadian youth carry more debt than their parents and have fewer career prospects, Garneau proposes to open the economy to more competition in telecommunications and to encourage entrepreneurs and start ups. He also wants to encourage businesses to hire young Canadians by creating incentives, such as the elimination of payroll taxes levied on employers when they hire young people. Once young people are hired, Garneau wants to encourage employers to invest in work skills training, so young Canadians build up career experience.



photo courtesy of JASON PAYNE, PACIFIC NEWSPAPER GROUP

Justin Trudeau charms an admirer on the Canada line during his recent visit for the leadership debate in Richmond.

Langara students unsure of party's identity

Liberal Party over the years

- In 1965, Lester Pearson adopts Canada's new flag
- 1968-69, Pierre Trudeau liberalizes Canada's abortion laws
- 1971, Trudeau adopts the Multiculturalism Act
- 2005, Paul Martin introduces same-sex marriage law

With the party's values in question, the Grits must decide whether to lean right or left, instructor

By NIALL SHANNON

In the wake of its recent problems, the Liberal Party of Canada will need to focus on redefining its identity and projecting a clearer message about its principles.

After falling to third party status in the May 2011 federal election, and with the top leadership currently in contest, the Liberal Party of Canada is at a crossroads.

The party is going through a difficult period and trying to be relevant again, according to Peter Prontzos, a Langara political science instructor.

Liberal leadership candidate Debo-

rah Coyne said in the Battleford News-Optimist that "The Liberal party right now in people's minds doesn't stand for anything distinctive."

This is reflected in several Langara students' thoughts on the party.

Sarah, a Peace and Conflict student who did not want her last name printed, said, "It'd be good if they could put forward a clear message of what they're standing for," while Kiana Heighton, a first year environmental science student said, "I would have to know what the party's message is to know what it stands for."



PETER PRONTZOS
Langara Political Science instructor



HAMED AMIRI
president,
Langara Young Liberals



MARC GARNEAU
Liberal leadership contender

Women soccer recruits ready to play

Falcons welcome Graehm and Kappeli to women's soccer team

By MARIE-ANDREE DEL CID

Last season the women's soccer team finished fourth out of eight teams in the PacWest soccer conference.

Only the top four teams made the play-offs, which meant the Falcons played the top placed Thompson Rivers University team.

In the semi-finals Langara lost to them in over time.

"We were knocked out and played in the bronze medal game," said Ryan Birt, coach for the women's soccer team.

"Then we lost to Quest University in the bronze medal game," he said.

The team welcomed two new recruits, defender Olivia Kappeli, from North Delta, and center mid-fielder Alyssa Graeme from Richmond.

Kappeli attends Burnsville Secondary where she participated in two BC AA High School Provincial Championship teams.

"She's a big, physical, athletic player and she's also a very skilled player at the same time. So it's kind of a unique combination that she brings," said Birt.

"Olivia plays as a defender, and we have a couple of defenders that are transferring to SFU and UBC so immediately she will be filling in that gap that will be left by those players," he said.

Graeme attends Steveston London Secondary and she currently plays for the Total Soccer Systems U19 team. Her soccer background consists of playing with the Richmond Red Hot Selects.

"I rate her soccer IQ as very high in that she understands the game very, very well. When you understand the game very well it allows us to do things that will be difficult for other teams to deal with," said Birt.

"Alyssa plays center midfield. She can play defense as well but typically plays as center midfield and I think that's where we will play her."

In an interview for Langara's website, Graeme said she chose Langara "because I know people who have attended in the past and have commented on what a great soccer program Langara offers..."

In regards to the future, Birt said "we are looking to represent the school well, to do well on the field, do well off the field and go from there."

"The women's soccer program will be recruiting new players on March 9, 2013 between 11 a. m. and 2 p. m. at Burnaby Lake West Field.



Left: Devin McMurtry overcomes teammate Daniel Hobden's block. Right: Jitinder Lohcham pauses during practice



JES CUNNINGHAM Photos

Coach Ebe poised for win 100

Men's basketball team plays up-tempo, fast break style

By JES CUNNINGHAM

Newly appointed head coach Paul Eberhardt has begun his first season at Langara successfully, leading the men to a 12-1 start.

Eberhardt took over for Jake McCallum in May, after McCallum resigned to become the athletics director.

"When Jake approached me about the job I wasn't sure. I had done 10 years in the league and I just didn't see myself coming back, but I always said that the one college I would go coach at would be [Langara]," said Eberhardt.

Eberhardt discovered his love for coaching at McGee Secondary School after breaking his ankle when he was 16, and was asked to assist his coach.

From there he attended school for a

teaching degree, coached several championship teams and spent 10 years in the Pacific Western Athletic Association.

"One of the things that my teams are generally known for is playing a very up-tempo, very fast break style of basketball," said Eberhardt when asked about his style of coaching.

"He makes sure we are all working towards the same goal," said guard Glenn Ruby. "He really enhances the family dynamic, and brings the team

together."

In 2011, Eberhardt lead his team at R.C. Palmer Secondary School to the AAA Championship, and feels confident he can do the same for Langara.

"We have the right pieces in place," Eberhardt said. "You have to have really good players, and you have to have a lot of hard work, which we do."

"He notices everything," said Matt Madewan, centre, who had Eberhardt as a coach at R.C. Palmer. "Paul recognizes players strengths and knows how to show them."

"My next win will be my 100th win in the college league in PacWest," said Eberhardt. "It would be kind of fun if it came on Friday against my old school."

The men broke their winning streak after a recent loss to Columbia Bible College.



PAULE EBRHARDT
Men's basketball coach

MEN'S results

Jan. 25

Langara

90

Capilano

63

Jan. 26

Langara

86

Quest

54

Gamache curling champion

Langara College student hopes to make it to Sochi, Russia for Junior World curling

By PATRICK COLVIN

Langara marketing student Rhys Gamache is poised to represent B.C. in the upcoming National Junior Curling Championships after his team, led by skip Tyler Klymchuk, dominated at provincials.

"We actually did something that a lot of teams never do, we ran the table," Gamache said, referring to his teams outstanding 7-0 run.

The next challenge for Gamache and Team Klymchuk will be competing against Canada's top young athletes at the M&M Meat Shops National Junior Curling Championships, set to take place Feb. 2-10 in Fort McMurray, Alberta.

It's been a hard fought road for Gamache, a 20-year-old Tsawwassen native who plays lead for his team. "The year that I first joined we were favoured to win . . . we actually didn't even make

provincials which was a major upset."

Since that disappointing first year Gamache has worked tirelessly to become the best. Beyond his studies at Langara, Gamache also works part-time, curls five times a week and exercises regularly at the gym.

It's a lot to take on but Gamache has high hopes for his future, "this year we want to win Junior Worlds" which is set to begin Feb. 28 in Sochi, Russia.



PHOTO COURTESY OF RHYS GAMACHE

Gamache delivering a stone at Provincials